

**Statistics Report 09139, Guavas, common, raw [a](#)**
**Report Date: June 30, 2017 11:30 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a>	g	80.80	2	--	80.5	81.1	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Energy	kcal	68	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Energy	kJ	285	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Protein <a href="#">1</a>	g	2.55	2	--	2.11	2.99	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Total lipid (fat) <a href="#">1</a>	g	0.95	2	--	0.77	1.13	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Ash <a href="#">1</a>	g	1.39	2	--	1.34	1.43	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Carbohydrate, by difference	g	14.32	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Fiber, total dietary	g	5.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total	g	8.92	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	18	2	--	18	19	1.0	--	--	1	Analytical or derived from analytical	--	09/2003

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Iron, Fe <a href="#">1</a>	mg	0.26	2	--	0.2	0.32	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Magnesium, Mg <a href="#">1</a>	mg	22	2	--	16	28	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Phosphorus, P <a href="#">1</a>	mg	40	2	--	36	43	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Potassium, K <a href="#">1</a>	mg	417	2	--	374	460	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Sodium, Na <a href="#">1</a>	mg	2	2	--	1	3	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Zinc, Zn <a href="#">1</a>	mg	0.23	2	--	0.18	0.27	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Copper, Cu <a href="#">1</a>	mg	0.230	2	--	0.2	0.26	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Manganese, Mn <a href="#">1</a>	mg	0.150	2	--	0.13	0.17	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Selenium, Se	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	228.3	2	--	173.3	283.2	1.0	--	--	1	Analytical or derived from analytical	--	09/2003

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Thiamin <a href="#">1</a>	mg	0.067	2	--	0.06	0.07	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Riboflavin <a href="#">1</a>	mg	0.040	2	--	0.03	0.05	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Niacin <a href="#">1</a>	mg	1.084	2	--	1.07	1.1	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Pantothenic acid <a href="#">1</a>	mg	0.451	2	--	0.44	0.46	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Vitamin B-6 <a href="#">1</a>	mg	0.110	2	--	0.11	0.11	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Folate, total <a href="#">1</a>	µg	49	2	--	47	51	1.0	--	--	1	Analytical or derived from analytical	--	09/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	49	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Folate, DFE	µg	49	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total	mg	7.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	31	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	374	21	205.562	0	1,190	2.0	-510.21	1258.71	3	Analytical or derived from analytical	--	04/2003
Carotene, alpha <a href="#">2</a>	µg	0	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2003
Cryptoxanthin, beta <a href="#">2</a>	µg	0	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2003
Vitamin A, IU	IU	624	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2003
Lycopene <a href="#">3</a> <a href="#">4</a>	µg	5204	19	106.750	4,700	5,500	1.0	3847.863	6560.637	2	Analytical or derived from analytical	--	04/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2003
Vitamin E (alpha-tocopherol)	mg	0.73	--	--	--	--	--	--	--	--	Calculated or imputed	09236	04/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	2.6	--	--	--	--	--	--	--	--	Calculated or imputed	09236	04/2003

**Lipids**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.272	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
14:0	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
16:0	g	0.228	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
18:0	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Fatty acids, total monounsaturated	g	0.087	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
16:1 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Fatty acids, total polyunsaturated	g	0.401	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
18:2 undifferentiated	g	0.288	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
18:3 undifferentiated	g	0.112	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
<b>Amino Acids</b>													
Tryptophan	g	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Threonine	g	0.096	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Isoleucine	g	0.093	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Leucine	g	0.171	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Lysine	g	0.072	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Methionine	g	0.016	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Phenylalanine	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Tyrosine	g	0.031	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Valine	g	0.087	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Arginine	g	0.065	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Histidine	g	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Alanine	g	0.128	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Aspartic acid	g	0.162	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Glutamic acid	g	0.333	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Glycine	g	0.128	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline	g	0.078	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Serine	g	0.075	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2003

**Sources of Data**

- <sup>1</sup>Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Specialty Fruit Marketed in the United States, 1987 Beltsville MD
- <sup>2</sup>A Homnava, W Rogers, R R Eitenmiller Provitamin A activity of specialty fruit marketed in the United States., 1990 J. Food Composition and Analysis 3 pp.119-133
- <sup>3</sup>V.C. Wilberg, D.B. Rodriguez-Amaya HPLC quantitation of major carotenoids of fresh and processed guava, mango and papaya, 1995 Lebensmittel-Wissenschaft und-Technologie 28 5 pp.474-480
- <sup>4</sup>M. Padula, D.B. Rodriguez-Amaya Characteristics of the carotenoids and assessment of the vitamin A value of Brazilian guavas, 1986 Food Chemistry 20 pp.11-19

**Footnotes**

<sup>a</sup> Pink fleshed